

SLEEPY BABY

How do I wake up my sleepy baby?

Most babies are sleepy for the first few days after birth. Babies do need to wake up and stay awake for feedings. Babies are easiest to wake up when they are not in a deep sleep. Signs that your baby is waking up include eyes opening and closing or moving arms and legs, or mouth.

Here are some ways to wake up your baby. If your baby doesn't wake up to feed, attempt again in 30 minutes.

Remove clothing.

- Change your baby's diaper.
- Take your baby's blanket off and undress him.

Gently talk to your baby.

- Put your face close to your baby's face and talk gently. Make eye contact with your baby.
- Make your voice high or low; talk fast or slow.

Gently move your baby.

- Put your baby on your shoulder.
- Hold baby upright and away from your body.

Gently touch your baby.

- Brush your baby's cheek gently.
- Walk your fingers up and down your baby's back.
- Hold your undressed baby next to your bare skin.
- Tickle your baby's feet.

Use water.

- Wipe your baby's face with a cool washcloth.
- Give your baby a bath.

If your baby falls asleep after a few minutes of breastfeeding, take your baby off your breast and wake up your baby. Then put your baby back on your breast so he can finish feeding.

Your baby needs to breastfeed 8-12 feedings each 24 hours and needs to be swallowing at least 10 minutes each feeding. Call a breastfeeding specialist or your baby's doctor if your baby is too sleepy to breastfeed.



FUSSY BABY

How do I calm my fussy baby?

Babies cry to tell us what they need. Crying can mean they are tired, hungry, cold, hot, sick, scared or bored. Babies tend to cry less when you respond quickly with soothing actions. Here are some ways to calm your baby.

Breastfeed — this can calm you and your baby.

- Watch for early hunger cues like sucking on hands, or rooting. Crying is a late stage of hunger.
- If your baby is crying, cuddling or rocking may quiet him enough so that he can breastfeed.
- Breastfeed in a quiet room.
- Try different nursing positions. Some babies breastfeed better in one position than another.
- Be patient and relax.
- Keep breastfeeding. Your milk is good for your baby.

Check your baby's clothing.

- Change your baby's diaper.
- Check to make sure your baby's clothing is not too tight, too warm, or too cold.
- Wrap your baby snugly in a blanket.

Talk, sing or hum in a soft and reassuring voice.

Gently touch your baby.

- Hold your undressed baby next to your bare skin.
- Learn infant massage — diaper time can be a good time to gently rub your baby's legs and tummy. Try infant massage between fussy times.

Gently move your baby.

- Rock your baby.
- Carry your baby in a baby sling or infant carrier.
- Take your baby for a stroller or car ride.

Check for fever or other signs that your baby may be sick.

- Contact your doctor if you think your baby is sick.

Have family and friends help around the house so that you can give baby extra attention.

Take time for yourself.



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